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detail the authors
holocaust
experiences, but it
goes further. Its
primary focus
concerns how to
live life after
surviving a trauma,
any trauma. It is
more about living
than it is about
death. The tone of

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the book is positive,
not negative.

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Eger

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Edith Eger—one of the last remaining Holocaust survivors—tells her unforgettable story in this moving testament to the resilience of the human spirit and the power of choice in our lives. At the age of sixteen, Edith Eger, a trained ballet

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dancer and
gymnast, was sent
to Auschwitz.

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powerful, moving
memoir—and a
practical guide to

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healing—written by
Dr. Edith Eva Eger,
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psychologist whose
own experiences as
a Holocaust
survivor help her
treat patients and
guide them toward
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fear. One of the few
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survivors to

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remember the
horrors of the
camps, Edie has
chosen to forgive
her captors and find
joy in her life every
day.

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Eva Eger ...

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Embrace the
Possible Edith Eva
Eger. It ' s 1944 and
sixteen-year-old
ballerina and
gymnast Edith Eger
is sent to
Auschwitz.

Separated from her
parents on arrival,
she endures
unimaginable
experiences,
including being

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made to dance for
the infamous Josef
Mengele. When the
camp is finally
liberated, she is
pulled from a pile of
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The Choice is a life-changing book that will provide hope and comfort to generations of readers. A New York Times Bestseller. " I ' ll be forever changed by Dr. Eger ' s story... The Choice is a reminder of what courage looks like in the worst of

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times and that we
all have the ability
to pay attention to
what we ' ve lost, or
to pay attention to
what we still
have. ” —Oprah.

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to have a life free
of hurt. But we can
choose to be free,
to escape the past,
no matter what
befalls us, and to
embrace the
possible. I invite
you to make the
choice to be free.
Like the challah my
mother used to
make for our Friday
night meal, this

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book has three
strands: my story
of survival, my
story of healing

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Choice is a
powerful, moving
memoir " and a
practical guide to
healing " written
by Dr. Edith Eva
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own experiences as
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survivor help her
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surviving Auschwitz
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Auschwitz Learned
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you are agreeing to
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prisoner ” 摘录来自

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authority of your
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Edith Eva Eger, is
not only a book

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about surviving the
holocaust, but it is
also a book that
teaches how to
forgive the
unthinkable and
move forward
towards a happy
and productive life.

Summary: The
Choice: Embrace
the Possible is a
powerful and well-
written memoir of a

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Holocaust survivor.

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The Choice is a reminder of what courage looks like in the worst of times and that we all have the ability to pay attention to what we ' ve lost, or to pay attention to what we still have. ” —Oprah “ Dr. Eger ' s life reveals our capacity to

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Edith was sixteen.
Her mother and
father were killed
shortly after they ...

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